

COMBAT STRESS CONTROL

**Determine leaders'
responsibilities for identifying,
treating, and preventing battle
fatigue.**

THREE OBJECTIVES OF STRESS CONTROL

- **To keep stress within acceptable limits for mission performance and to achieve the ideal (optimal) level of stress when feasible.**
- **To return stress to acceptable limits when it becomes temporarily disruptive.**

THREE OBJECTIVES OF STRESS CONTROL (cont)

- **To progressively increase tolerance to stress so that soldiers can endure and function under the extreme stress which is unavoidable in combat.**

SIGNS/SYMPTOMS BATTLE FATIGUE

- **Simple fatigue.**
- **Anxious.**
- **Depressed.**
- **Memory loss.**
- **Physical function disturbance.**
- **Psychosomatic forms.**
- **Disruptive forms.**

BATTLE FATIGUED

SOLDIER

SORTED BY LEADER,

MEDIC

LIGHT

**CONTINUE
ON DUTY**

**REST IN
UNIT**

**FAILS TO
IMPROVE**

**TREATED
AND**

**SORTED BY
PHYS
FROM NEXT
SLIDE**

**RELEASED
DUTY REST**

**HOLD
REEVALUATE**

**BATTLE FATIGUED
SOLDIER**

**SORTED BY LEADER,
MEDIC**

HEAVY

**SORTED BY PHYSICIAN, PA, OR MH
OFFICER**

**FAILS TO
IMPROVE**

**BATTLE FATIGUE
CASUALTY**

HOLD

REFER

REEVALUATE

REEVALUATE

REST

DUTY

Y

MOS

EVACUATE

LEADER'S ROLE

- **Know which situations or events increase stress/battle fatigue.**
- **Compensate by reducing other stressors.**
- **Take corrective actions.**
- **Get advice from mental health personnel and/or combat stress control personnel.**

INDIVIDUAL'S ROLE

- **Drink enough fluid, eat enough food, and attempt to get rest.**
- **Learn at least two relaxation techniques.**
- **Use relaxation techniques only at tactically appropriate times.**
- **Share feelings constructively.**
- **Plan ahead, prepare for the mission, and ensure readiness.**

MISCONDUCT STRESS BEHAVIOR PREVENTION

- **Clearly state and teach the standards of conduct.**
- **Emphasize national, Army, and unit pride.**
- **Clearly state and consistently enforce the rules and regulations.**
- **Set the personal example.**
- **Report all violations.**

OFFSET FOR BATTLE FATIGUE RISK FACTORS

- **Stabilize the home front.**
- **Promote unit cohesion.**
- **Conduct tough, realistic training.**
- **Prepare the unit to endure battle losses.**

OFFSET FOR BATTLE FATIGUE RISK FACTORS (cont)

- **Train troops in active defense against these threats.**
- **Recognize static, heavy fighting and institute protective measures.**
- **Keep information flowing.**
- **Prepare troops for NBC threat contingencies.**

OFFSET FOR BATTLE FATIGUE RISK FACTORS (cont)

- **Practice sleep discipline and sleep planning.**
- **Protect the physical well-being of the troops.**
- **Assure physical fitness.**
- **Recognize and manage the “older veteran” or “short-timer” syndrome.**